

There's No Place Like Home: What Long-Term Care Can and Should Look Like

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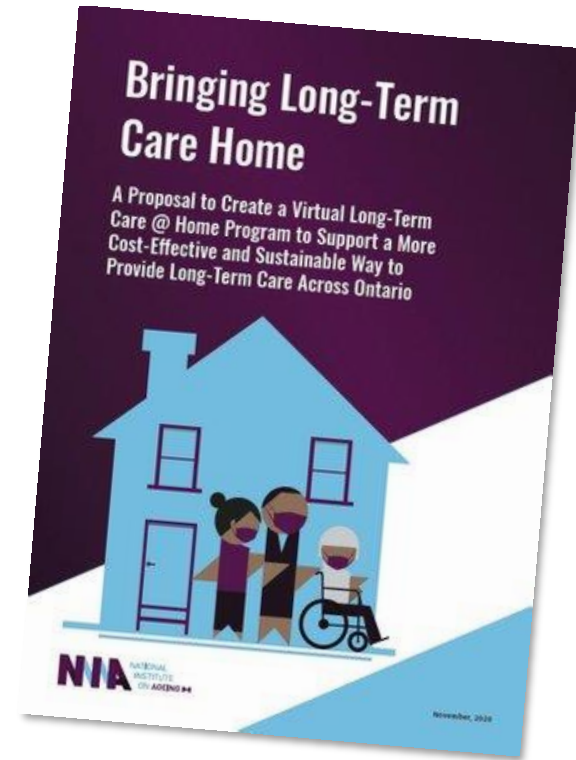
Presentation Objectives

- 1. Appreciate how the Pandemic and Our Experiences have influenced our views on what Long-Term Care might need to look-like across Canada.**
- 2. Appreciate how Ageing-In-the-Right-Place needs to begin with the development of Age-Friendly Communities and be supported with new National LTC Standards.**
- 3. Provide some Insights that can enable Canadians Models of Long-Term Care that Make Sense with Some Help From Denmark!**



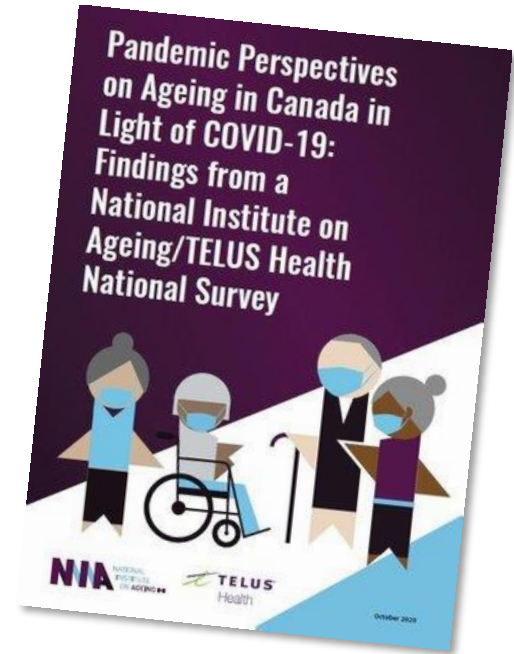
Our Experiences Shape Our Perspectives

- For many older Canadians, accessing Long-Term Care usually means having to leave one's home or community
- Leaving one's community, being institutionalized and not being able to receive culturally safe and appropriate care close to family and friends is an unfortunate reality for many people.
- There exists a universal desire to age-in-place among most older Canadians and so how can one enable this across Canada?



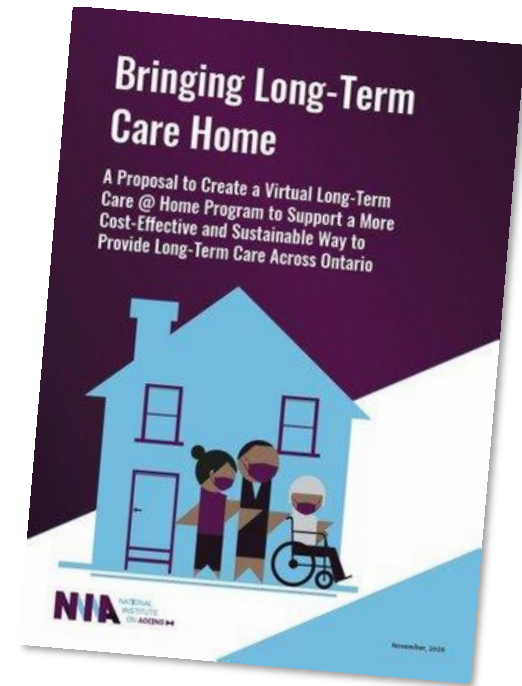
COVID-19 Has Shifted Our Perspectives

- 97% of Ontarians believe there is a crisis in Long-Term Care
- 78% of Ontarians further said they would prefer to receive homecare for themselves and their loved ones over care in a LTC home
- 60% of Canadians, and almost 70% of Canadians 65+, further reported that COVID-19 has changed their opinion on whether or not they'd arrange for themselves or an older loved one to live in a nursing or retirement home.
- 57% of Ontarians do not believe they'll have access to good quality Long-Term Care when they need it



Our Realities Need to Be Respected

- Small, Remote Populations often do NOT Support Service and Health Care Economies of Scale
- As Long as We Look at Rural Problems with Urban Solutions we will miss the Opportunities that Exist...





Enabling the Future of Long-Term Care in Canada



Enabling the Future Provision of Long-Term Care in Canada



NIA NATIONAL INSTITUTE ON AGEING

September 2019

NATIONAL SENIORS STRATEGY



INDEPENDENT, PRODUCTIVE & ENGAGED CITIZENS

Enables older Canadians to remain independent, productive and engaged members of our communities.



HEALTHY AND ACTIVE LIVES

Supports Canadians to lead healthy and active lives for as long as possible.



CARE CLOSER TO HOME

Provides person-centered, high quality, integrated care as close to home as possible by providers who have the knowledge and skills to care for them.



SUPPORT FOR CAREGIVERS

Acknowledges and support the family and friends of older Canadians who provide unpaid care for their loved ones.

THE FOUR PILLARS SUPPORTING A NATIONAL SENIORS STRATEGY

ACCESS

EQUITY

CHOICE

VALUE

QUALITY

THE FIVE FUNDAMENTAL PRINCIPLES UNDERLYING A NATIONAL SENIORS STRATEGY

The Future Co\$ of Long-Term Care in Canada

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Michael Wolfson, PhD, FCAHS, University of Ottawa
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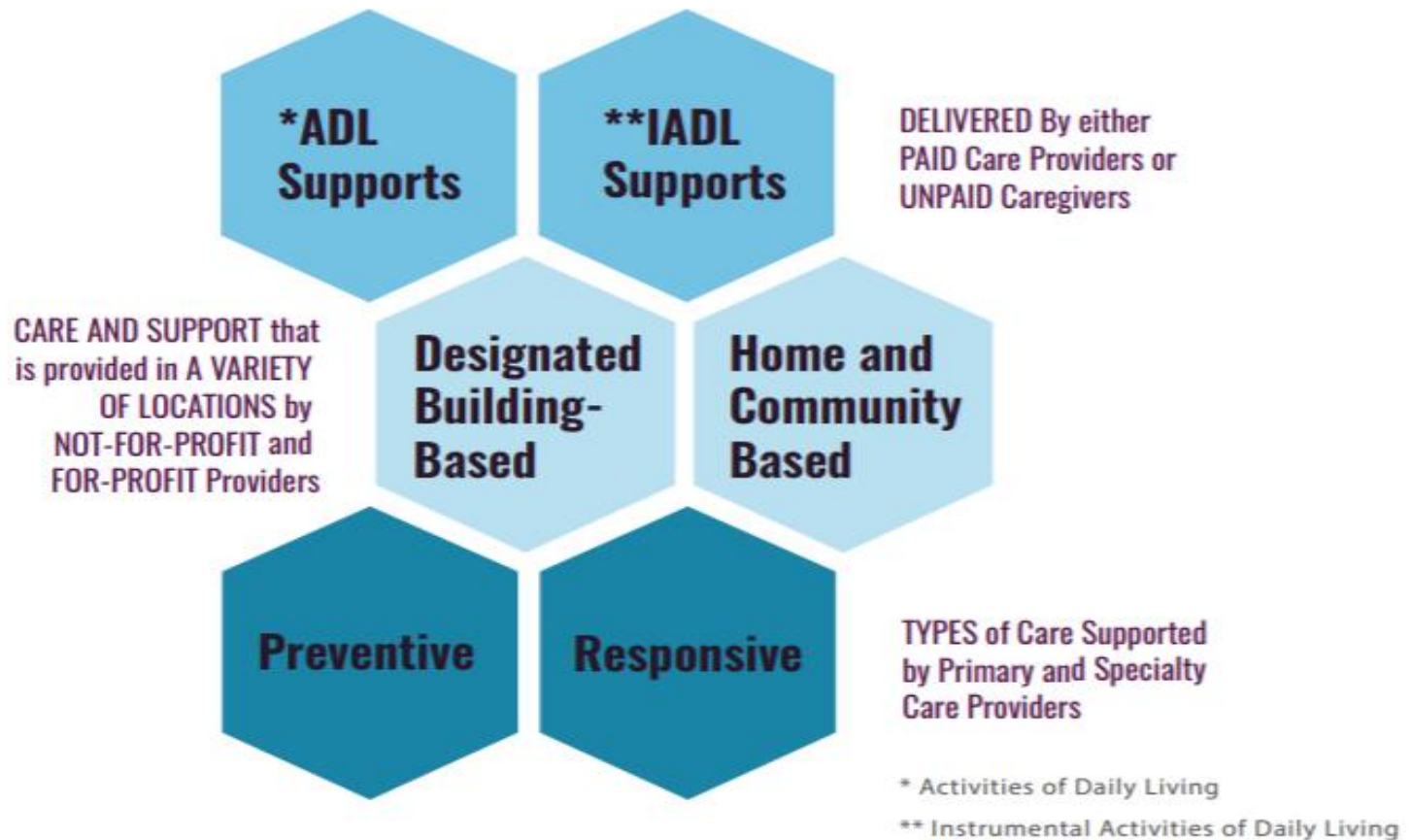


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October 2019

Re - Defining *Long-Term Care*

Figure 1: NIA Visual of the Components Inherent to the International Provision of Long-Term Care (LTC)



Why Long-Term Care Matters

- It is the **LARGEST** form of hands-on care that is **NOT** covered under the *Canada Health Act*.
- Coverage levels, qualifying criteria, and design standards vary significantly across provinces and territories.
- There is a growing value of these services to meet the *long-term care* needs of an ageing population effectively and sustainably.
- The current demand for long-term care services is already unprecedented and is only expected to grow as the population ages.
- The system has been plagued by longstanding systemic vulnerabilities when it comes to its health human resources and physical design and redevelopment approaches.

Why Long-Term Care Matters

A 2015 national survey of 2,008 found that **63%** of respondents said their family was not in a good position (financially or otherwise) to care for older family members if they needed long-term health care, and it worried them greatly (Ipsos Public Affairs, 2015).



Over **430,000** Canadians currently have unmet home care needs, while **40,000** are on nursing home wait lists.

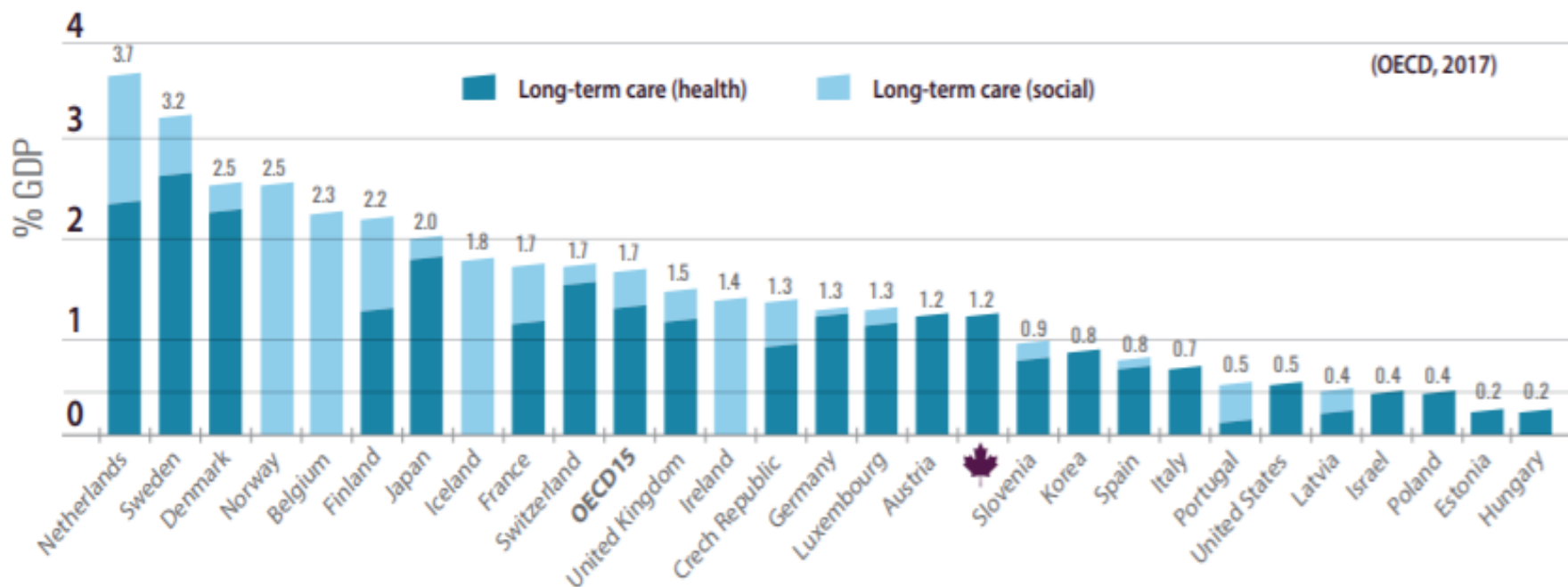


(Gilmour, 2018b)



Comparing Canada to Other OECD Nations, Canada Spends less on Average of its GDP on the Provision of Long-Term Care

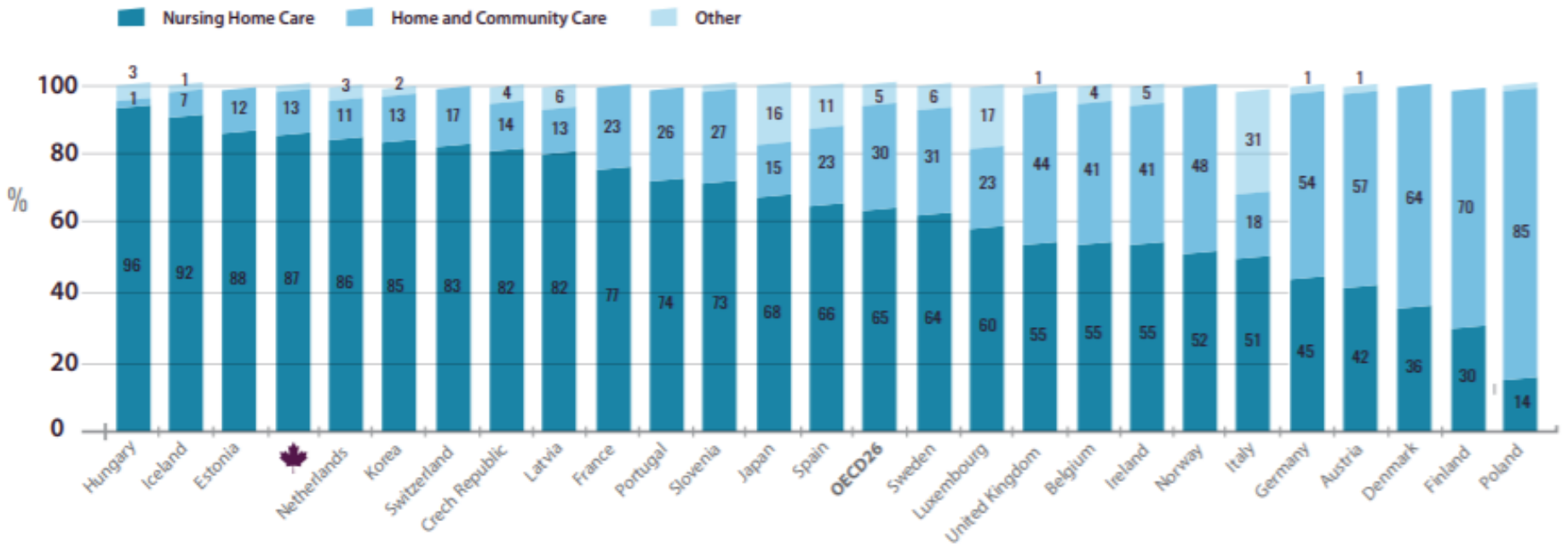
Figure 2: Long-Term Care Expenditure (health and social components) by Government and Compulsory Insurance Schemes, as a Share of GDP, 2015 (or nearest year) Across OECD Nations



Note: The OECD average only includes the 15 countries that report health and social LTC. Source: OECD Health Statistics 2017.

Comparing Canada to Other OECD Nations, Canada Spends far Less on Home and Community Care than on Nursing Home Care

Figure 3: Government and Compulsory Insurance Spending on LTC (health) by Mode of Provision, 2015 (or nearest year) Across OECD Nations



Note: "Other" includes LTC day cases and outpatient LTC. Source: OECD Health Statistics 2017.

(Adapted from OECD, 2017)

Between 2019 and 2050, the cost of public care in nursing homes and private homes will more than triple, growing from **\$22 billion to \$71 billion** annually (in constant 2019 dollars).



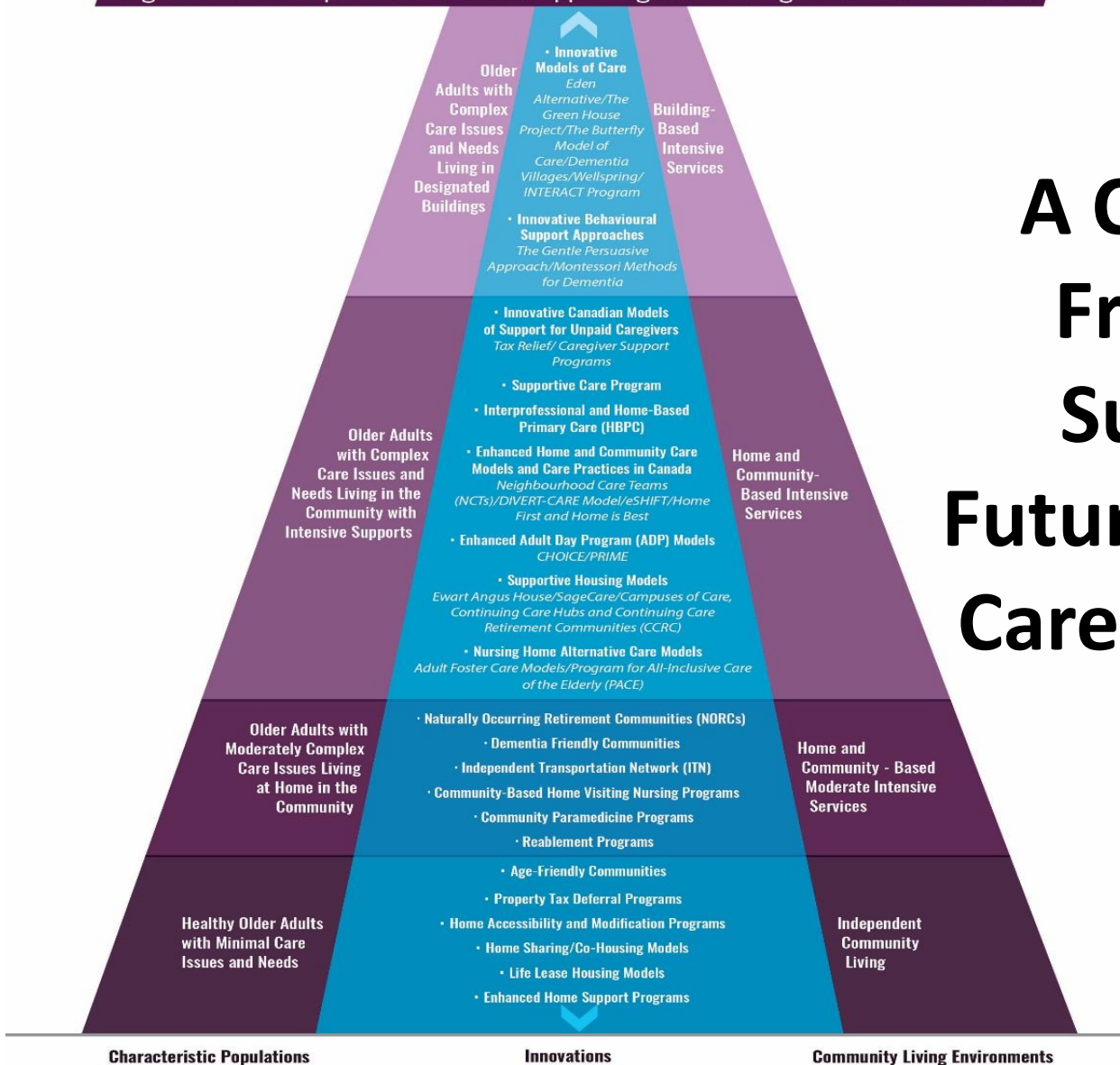
Between 2019 and 2050, there will be approximately **30%** fewer close family members available to provide unpaid care.





Figure 7: A Conceptual Framework Supporting Future Long-Term Care Provision

A Conceptual Framework Supporting Future Long-Term Care Provision in Canada



COVID-19 Design Considerations...



- 1. Physical Distancing Considerations**
- 2. Easy to Clean Surfaces and Furniture**
- 3. Eliminating 2, 3, and 4 Bedded Rooms and Better Multi-Room Layouts**
- 4. Smaller Footprints with Common Staff**
- 5. Remembering that these Are First and Foremost Homes**

We Have Choices and Options...

- Waiting in Hospital to Go Elsewhere (ALC) Costs ~ **\$750/Day**
- Long-Term Care (LTC) Costs ~ **\$200/Day**
- Home Care for an LTC Equivalent Person Costs ~ **\$103/Day**
- Denmark avoided building any new LTC beds over two decades, and actually saw the closure of thousands of hospital beds, by strategically investing more in its home and community care services.
- The Ontario government committed to at least an annual 5% increase in the Home and Community Care Budget from 2011 to 2018. Investment increases in home care decreased between 2018 to 2022 but will now increased to at least 10% annually for 3 years for a total of \$1B of additional investment.

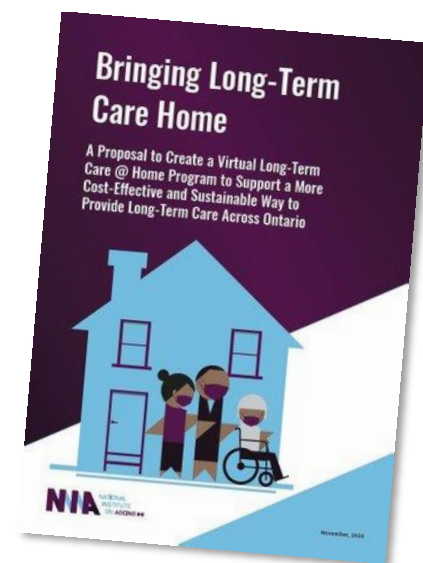
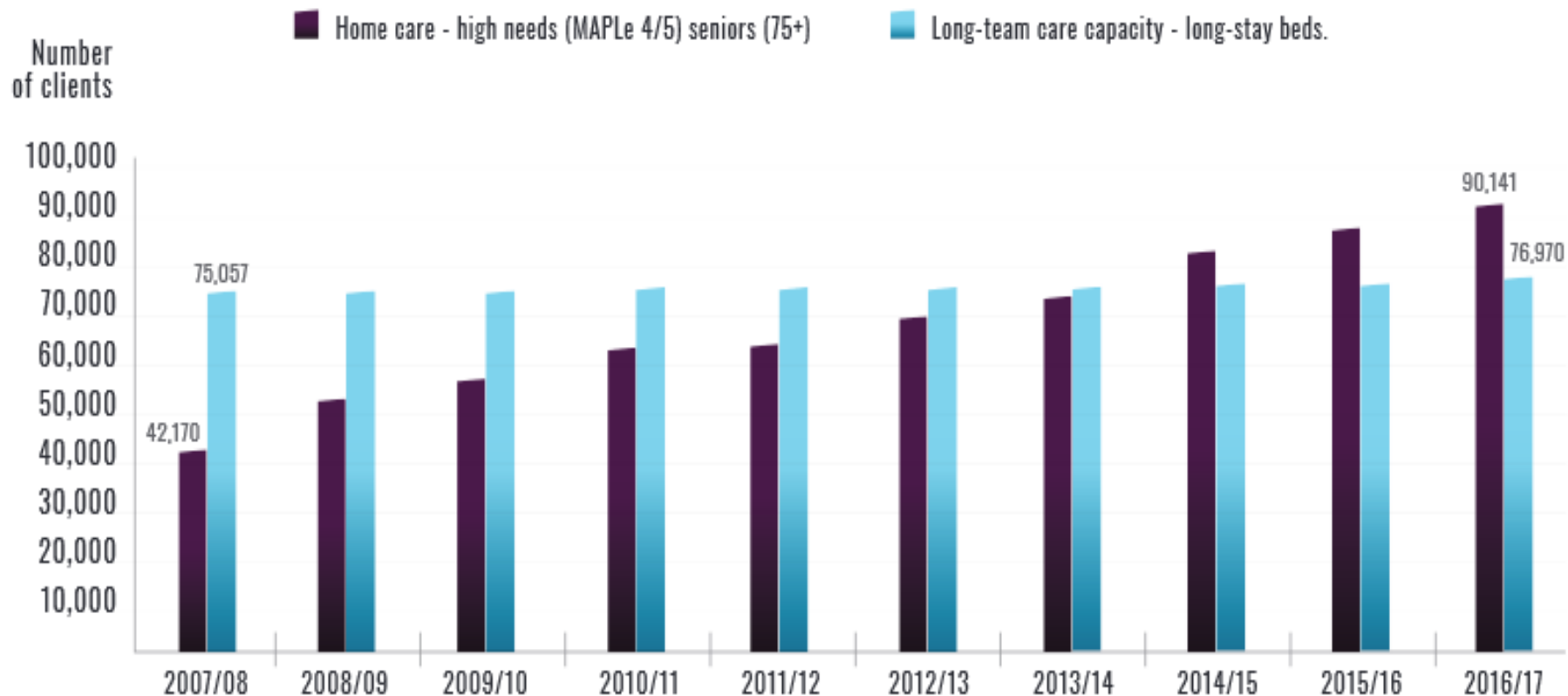


Figure 3: High-Needs Older Ontarians (75+) Cared for with In-Home Care versus existing LTC Capacity between 2007-08 to 2016-17¹



*The number of LTC long-stay beds shown are for april of every FY shown, from monthly LTCH System Reports

What's Denmark's Approach?

- **Universal Proactive Home Visit from a Home Care Coordinator at 80 Years of Age**
- **Home Care and Lots of It!**
 - Up to 10 Hours and/or 6-7 Visits Per Day
- **Well-Paid Home Care Staff that Work as Interprofessional Teams, who are Paid for their Travel Time and Given a Hybrid Car if Needed**
- **Supportive Housing Units – that are Small Homes/Apartments that are Fully Accessible and Available at an Affordable Rent**
- **Small LTC Homes for those who Ultimately Need Intensive Care in a Supportive Home-Like Environment**



What's in Store for Long-Term Care in Canada?

- A Conversation Needs to begin at the Federal/Provincial/Territorial Levels to Determine how should we approach the future provision of Long-Term Care and how best to enable Ageing-in-the-Right-Place for Canadians
 - *National LTC Standards, and proposed National Ageing Well at Home Benefit could be strong enablers*
- While long-neglected, the Community Support and Home Care Sectors are more aligned than ever with what older people want and will demand moving forward and require greater attention and investment
- Promoting Ageing Well will be one of the best things we can do to help many avoid the need for long-term care in future.

Thank You

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